



*Advanced*  
**DUAL HEALTH AND LIFE  
COACH CERTIFICATION**



 **Health Coach Institute**

## Overview

Take your coaching mastery to the next level with the 6-month Advanced Dual Health and Life Coach Certification. This program includes both our Life Coach and Advanced Health Coach certifications. Through live classes, interactive coaching labs, and mentorship from board-certified instructors, you'll integrate advanced health and life coaching methodologies grounded in behavioral psychology, neuroscience, and lifestyle medicine. You'll refine your ability to guide clients through complex health and life transitions with confidence, empathy, and measurable results.

This advanced credential positions you as a credible, industry-recognized coach equipped to lead in the growing fields of wellness, personal development, and integrative health.

## Learning Style

- Flexible, self-paced and cohort-based journey
- Blend of synchronous and asynchronous learning
- Delivered through video, audio clips, text, and interactive lessons
- Coaching demos and peer practice included
- The Advanced Health Coach component also includes:
  - Required live classes and coaching labs for hands-on practice
  - Individual student feedback and 1:1 mentorship sessions

## Key Differentiators

- Comprehensive, next-level certification journey
- NBHWC-accredited Advanced Health Coach pathway for board exam eligibility
- Job Guarantee through the Advanced Health Coach track for career readiness and employability
- Advanced training focused on client transformation and emotional intelligence

## Learning Objectives

- Differentiate coaching from therapy and consulting, and apply an ethical scope of practice across health and life coaching contexts.
- Apply core coaching competencies to lead effective sessions that promote trust, accountability, and meaningful client growth.
- Integrate neuroscience, behavioral psychology, and lifestyle medicine principles to coach clients through habit change, identity shifts, and life transitions.

- Facilitate holistic transformation across key dimensions of wellness, mindset, relationships, purpose, health, and personal fulfillment.
- Utilize assessments, reflective tools, and structured frameworks to guide conversations, measure progress, and sustain long-term client results.

## **Modules**

You'll be eligible to pursue NBHWC board certification through your Advanced Health training and ready to lead as a credible, evidence-based professional in a rapidly expanding industry. With HCI's Job Guarantee, expert mentorship, and thriving Heart Warriors community, you'll graduate equipped to coach, lead, and transform lives with integrity and impact

## **Health Coaching Modules**

M0: Your Orientation to Success

M1: Your Guide to Effective Program Structure

M2: Empowering Client-Centered Relationships

M3: Your Foundations for Coaching

M4: Intrinsic Motivation & Self-Efficacy

M5: Elevate Coaching Effectiveness: Appreciative Coaching, Environmental Influence & Positive Growth

M6: Masterful Motivational Interviewing Tools

M7: The Art of Goal Setting for Lasting Change

M8: Unlocking Wellness Potential

M9: Cardiovascular Wellness

M10: Metabolic & Anti-Inflammatory Wellness

M11: Ethics, Legal, Technology & Coaching Models

M12: Coach Mastery: Elevate Your Professional Journey

## **Life Coaching Modules**

M1: Foundations of Life Coaching – Ready, Set, Coach!

M2: The Psychology of Behavior Change

M3: Building Trust & Guiding Change

M4: Mastery Skills for Coaches

M5: Goal Setting & Client Accountability

M6: Purpose, Fulfillment & Impact

M7: Career & Leadership Development

M8: Love & Relationships

M9: Money & Empowered Worth

M10: Coaching on That Which Is Greater

M11: Coaching Through Life Transitions

M12: Integration, Readiness, Certification